

Implementing Evidence-Based Practices to Prevent Substance Abuse and Mental Health Problems for Older Adults



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Overview

- Summary of recent TAC efforts to increase knowledge and dissemination about evidence-based practices for older adults
- State of implementation science resources
- Principles and components of implementation
- Implementation as a process
- Specific implementation strategies and examples of older adult prevention programs



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Older Americans Substance Abuse & Mental Health Technical Assistance Center

- Funded in September 2004 by SAMHSA Center for Substance Abuse Prevention (CSAP)
- Created to bring attention to individuals ages 55 and older

Overarching Goal

- To create sustainable changes in the field of geriatrics around substance abuse and mental health for increased recognition and planning efforts



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Technical Assistance Center Priorities

- Provide technical assistance with respect to the prevention and early intervention of
 - Substance abuse
 - Medication misuse and abuse
 - Mental health disorders
 - Co-occurring disorders
- Dissemination and implementation of evidence-based and promising practices



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

TAC Resources

- Overview of Substance Abuse and Mental Health Problems and Issues in Older Adults
- Evidence-Based Review of Prevention Programs: Substance Abuse and Mental Health
- Guide to Implementing Evidence-Based Prevention Practices for Older Adults



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Overview of Substance Abuse and Mental Health Problems in Older Adults

Substance Abuse and Mental Health Among Older Americans: The State of the Knowledge and Future Directions

Bartels SJ, Blow FC, Brockmann LM, Van Citters AD. **Substance Abuse and Mental Health Among Older Adults: The State of Knowledge and Future Directions.** *Older Americans Substance Abuse and Mental Health Technical Assistance Center.* 2005.



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Review of Prevention EBPs for Older Adults



OLDER AMERICANS

Substance Abuse & Mental Health
Technical Assistance Center

Evidence-Based Practices for Preventing Substance Abuse and Mental Health Problems in Older Adults

Blow FC, Bartels SJ, Brockmann LM, Van Citters AD. **Evidence-Based Practices for Preventing Substance Abuse and Mental Health Problems in Older Adults.** *Older Americans Substance Abuse and Mental Health Technical Assistance Center.* 2005.



OLDER AMERICANS

Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

EBP Review Guide: Table of Contents

INTRODUCTION

- The Growing Need for Prevention & Early Intervention Among Older Adults
- Science to Service

METHODS

- The IOM Prevention Framework
- Search Strategy
- Evaluation Process and Criteria

PREVENTION OF SUBSTANCE MISUSE PROBLEMS

- Alcohol Misuse
- Medication Misuse

PREVENTION OF MENTAL HEALTH PROBLEMS

- Depression and Anxiety
- Suicide Prevention

PREVENTION OF CO-OCCURRING SUBSTANCE ABUSE AND MENTAL HEALTH PROBLEMS

SUMMARY

- The Current State of the Evidence
- Dissemination – Translation, Implementation, and Diffusion
- Research Needs and Future Directions



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

EBP Implementation Guide



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center

A Guide for Implementing
Evidence-Based Practices
to Prevent Substance Abuse
and Mental Health Problems
among Older Adults

Bartels SJ, Blow FC, Brockmann LM,
Van Citters AD. **A Guide for
Implementing Evidence-Based
Practices to Prevent Substance
Abuse and Mental Health
Problems among Older Adults:
Older Americans Substance Abuse
and Mental Health Technical
Assistance Center**, forthcoming.



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

EBP Implementation Guide: Table of Contents

PART 1: Implementation Science & Prevention with Older Adults

1. Introduction
2. National Imperative to Implement Evidence-Based Practices
3. Summary of the State-of-the-Art of Implementation Science
4. Adaptation of Existing Implementation Materials
5. Characteristics of Older Adult Populations

PART 2: Implementation of Evidence-Based Practices for Older Adults

6. Prevention and Early Intervention Among Older Adults
7. **Adapting Implementation to Older Adult Settings and Providers**
 1. **Implementation Principles**
 2. **Core Implementation Components**
 3. **Implementation Process**
8. Training for Service Providers Working with Older Adults
9. Summary and Key Recommendations



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Bridging the Gaps: EBP Implementation

- A national imperative to implement EBPs exists
 - President's New Freedom Commission on Mental Health
 - Many federal and state agencies require or endorse
- *Science to service gap*: scientifically proven effective practices are not widely used
- *Implementation gap*: positive outcomes achieved by research are not replicated in the field
- Both effective interventions and successful implementation as designed are necessary for positive outcomes



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Implementation Science Resources

- Research in implementation science offers general guidance
 - University of South Florida's National Implementation Research Network (2005) *Implementation Research: A Synthesis of the Literature*
 - Journal: *Implementation Science*
- Few implementation resources specific to older adults
 - NCOA Diffusion of Innovations
 - NCOA Model Health Program Toolkits



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Conventional Approaches Often Fail

- Well-documented experimental evidence for what implementation strategies do NOT work
 - Dissemination of information as a stand-alone strategy
 - Training alone, no matter how well done
- Providing guidelines or educational materials and conducting conventional training sessions are not sufficient to achieve substantial or lasting implementation of evidence-based practices



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Implementation Principles

1. Implementation of evidence-based prevention practices for older adults requires strategies that vary and adapt to different provider and service delivery settings and networks

Relatively few EBPs for older adult prevention means adaptation is essential

2. Implementation of evidence-based prevention practices for older adults requires organizational change



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Implementation Principles

3. Implementation of evidence-based prevention practices for older adults is a process, not an event
4. Implementation of evidence-based prevention practices for older adults is enhanced by having a “purveyor” of the evidence-based practice or program



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Requirements for Successful Implementation

- Resources
- Time
- Organizational change
- Attend to all principles, components, and stages of implementation
- Fidelity to the model



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Core Implementation Components

- Systems Interventions
- Staffing
- Training/Coaching
- Program evaluation
- Administrative support



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Implementation Process

Six Stages of Implementation

- Exploration and Adoption
- Program Installation
- Initial Implementation
- Full Operation
- Innovation
- Sustainability



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Specific Implementation Strategies and Examples of Older Adult Prevention Programming

Core Implementation Components
Implementation Process



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Core Implementation Components

- **Systems Interventions**
 - Leadership
 - Stakeholder involvement
 - Implementation task force
 - Resource allocation
 - Organizational alignment
 - Commitment of ongoing support



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Systems Interventions

- *Implementing the PROSPECT program included redesigning systems of care to include a depression care manager situated in the primary care setting. Systems were put in place to foster communication between the care manager and the PCP. The interventions relied on collaborative care between the patient, care manager, and PCP to develop a treatment plan. Electronic tracking and reminder systems were developed to evaluate depressive symptoms and prompt clinicians to revisit the treatment plan. Initial stakeholder buy-in and commitment to implementing this program was also essential.*



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Core Implementation Components

- **Staffing**

- Qualified direct staff, organization staff, and purveyor groups
- Age-specific competencies need to be present or developed
 - Accommodate physical, cognitive, sensory, and social functioning
 - Understand residential settings, aging services, and unique needs of older persons



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Basic Staffing Competencies

- Knowledge of functional and cognitive assessment
- Comprehension of age-specific signs of substance abuse or mental health problems
- Knowledge of critical risk factors for older adults
- Understanding of the impact of co-occurring medical illness and multiple medications
- Awareness of appropriate accommodations to address physical difficulties, cognitive decline, sensory impairment, medical disabilities, mobility issues, and barriers to accessing care



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Basic Staffing Competencies

- Active listening skills and sensitivity to special techniques, such as motivational interviewing
- Understanding the needs and challenges of different residential settings and aging services
- Knowledge of aging network services
- Sensitivity to stigma associated with substance abuse and mental illness in older persons
- Addressing the unique needs and preferences associated with culture, race, ethnicity, gender, sexual orientation, and urban versus rural living



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Core Implementation Components

- **Training/Coaching**

- Skills-based training (rather than conventional in-services or conferences)
 - active demonstrations of the practice
 - opportunities to practice skills
- Training includes
 - Consultation
 - Monitoring
 - Feedback
 - Ongoing supervision with routine retraining



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Core Implementation Components

- Program evaluation
 - Assessment
 - Program fidelity
 - Process measures
 - Outcome measures
 - Age-sensitive accommodations and adaptations to program evaluation should be used
 - As many programs will require deliberate adaptation, measuring and attending to fidelity is critical



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Fidelity Assessment

- *Assessing the fidelity of a brief alcohol intervention could evaluate the frequency and duration of provider-consumer meetings; location, content and structure of meetings; and provider training and type. For example, Project GOAL used two 10-15 minute physician-delivered counseling sessions delivered one month apart in primary care settings. The brief intervention included a multi-faceted workbook and participants received a reinforcement telephone call from a clinic nurse two weeks after each physician visit. A primary care group attempting to implement this program would track these aspects of fidelity.*



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Process Assessment

- *The Gatekeeper Program seeks to identify isolated older adults who are at-risk for developing substance abuse and mental health problems. Process measures may evaluate the number of referrals/month received. Evaluation of process data may indicate that the program consistently identifies a select sub-population of older adults (which may indicate the need to target efforts on other groups of older persons). Alternatively, tracking referrals may indicate that the program is most effective during certain periods of the year, such as summer (points out need for additional strategies for identifying at-risk older adults during other seasons).*



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Outcomes Assessment

- *Programs designed to reduce medication misuse through home-based medication reviews and modified instruction formats will have specified outcome measures that can be measured over time. An evaluation that assesses the effectiveness of the program would monitor a balanced selection of important outcome measures such as knowledge regarding medications, adherence to regimen, reduced adverse health symptoms, decrease in risky combinations of medications, etc.*



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Core Implementation Components

- **Administrative support**
 - Improving support and guidance for implementation
 - Reducing barriers to implementation
 - Developing networks and linkages with related providers and systems
 - Developing expertise in financing and organizing services specific to aging, substance abuse, mental health, and preventive services



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

6 Stages of Implementation

1. Exploration and Adoption

- Evaluate how EBP will address the needs of the specific aging population and agency resources.

2. Program Installation

- Build structural supports; identifying funding; and establishing referral sources, policies, procedures, and training protocols.

3. Initial Implementation

- Put EBP into operation, obtain feedback, monitor implementation, and problem-solve.



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

6 Stages of Implementation

4. Full Operation

- Full integration of EBP into staffing, administration, and ongoing activities of the organization.

5. Innovation

- Adapt and refine EBP based on feedback and outcomes, accommodate unique needs of agency, setting, and population.

6. Sustainability

- Establish long-term financing, capacity, organizational changes, and supports to continue the EBP over the long-term.



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Stage 1 Tasks: Exploration and Adoption

- Identify
 - setting of interest
 - target population
 - rates of SA/MH problems in target population
 - risk and protective factors
 - available resources to address needs
 - gaps in services and resources
 - readiness of community/organization to address prevention needs and service gaps
 - appropriate and available prevention programs



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Stage 1 Exploration and Adoption

- *A community-based aging services agency decides to address depression among its medically-ill, low-income, homebound clients, investigates several possible programs, and decides to adopt the PEARLS program. The PEARLS program is a home-based program for detecting and managing minor depression and dysthymia among older adults.*



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Stage 2 Tasks: Program Installation

- Resources and time spent on “start-up” planning meetings and activities
- Staff hired or responsibilities of existing staff realigned
- Structural supports put in place, such as funding streams secured
- Tangible preparations made (space, equipment, technology)
- Policies and procedures developed
- Training sessions planned and conducted



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Stage 2 Program Installation

- *The agency assesses current staff and organization capacity to adopt the PEARLS program, plans to redirect efforts of one social worker and hires another, conducts training, identifies local community partners interested in participating in the program, sets up referral relationships with local physicians, and plans funding for non-reimbursed staff time.*



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Stage 3 Tasks: Initial Implementation

- Initial attempts to put the EBP into operation
- Feedback from staff, coaches, supervisors, and consumers
- Collect of baseline data from staff and consumers
- Use new systems (if any) for information tracking, referrals, and agency linkages
- Problem-solve and consult with purveyor (if any) or other technical assistance



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Stage 3 Initial Implementation

- *Case managers and care providers from partner agencies begin identifying and referring depressed, homebound seniors to the PEARLS program. Program care managers and social workers begin assessments, treatment planning, and conducting problem-solving interventions. Coordination and communication between agencies and professionals begins, and baseline measurements of enrolled clients are taken.*



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Stage 4 Tasks: Full Operation

- Complete and consistent implementation of the EBP with full staffing and client loads
- Collect data from consumers and organization
- Continue training and feedback from coaches and supervisors
- Evaluate implementation and outcome data
- Report to funding sources
- Share information with partners and networks



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Stage 4 Full Implementation

- *The PEARLS program is fully implemented in the new setting, with regular identification of clients in need of assistance, collaboration between agencies, interventions routinely conducted, and outcome measures taken at regular intervals. Reports to funding sources identify the effectiveness of the program in this setting and the numbers of older adults with improved mental well-being.*



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Stage 5 Tasks: Innovation

- Refine program based on implementation experiences
- Expand service to different populations or settings
- Assess if changes revise the original program enough that new experimental outcome studies may be needed
- Continue data collection and program evaluation
- Continue training and coaching/supervision of both new and continuing staff
- Network and share information with partners and purveyors (if any) about adaptations



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Stage 5 Innovation

- *The agency and partner organizations hope to expand outreach of the program and include client populations not currently involved in the program. They work together to change some program procedures, add staff to absorb new demands, and alter the length and number of intervention sessions provided. They monitor changes to see if mental well-being improves.*



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Stage 6 Tasks: Sustainability

- Continue implementation of the EBP (possibly with adaptations)
- Continue data collection and program evaluation
- Continue training and coaching/supervision of both new and continuing staff
- Report and adapt to funding source requirements, as needed
- Maintain long-term survival of program through changes in leadership and organizational and political priorities



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Example: Stage 6 Sustainability

- *The agency continues success with the modified PEARLS program, expanding with more partner agencies in a nearby county. They set up a mentoring system to avoid service gaps with new staff, and meet quarterly to address process issues and track outcomes. Systematically collected data on the successful outcomes of the program are used to justify changes in state policy to enact stable and expanded funding of prevention and early intervention programming.*



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Training Programs

- **Skill-based and participatory learning**
 - Provide information, demonstrate specific skills, and rehearse skills with constructive feedback from trainer
- **Collaborative and interactive**
 - Cross-training service providers (aging, mental health, & substance abuse) helps build relationships and improves training by sharing different areas of expertise
- **On-going coaching and follow-up is essential**
- **Cultural competency**
 - Population-specific treatment characteristics, values, and beliefs
 - Skills for working with culturally diverse older populations.



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Potential Training Content Areas

- Information on a specific EBP
- Nature/scope of SA and MH problems in older adults
- Risk and protective factors
- Barriers to identification & screening
- Brief motivational enhancement strategies
- Outreach and service linkage
- SA and MH comorbidities
- Medical comorbidities
- Psychoactive medications
- Interactions between medications and alcohol
- Prevention and early intervention for substance use disorders
- Prevention of medication misuse
- Prevention and early intervention for depression and anxiety
- Suicide prevention
- Health promotion
- Coalition-building and developing implementation networks
- Cultural competency



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Summary

- Both effective interventions and successful implementation are necessary for positive outcomes for the prevention of older adult substance abuse and mental health problems
- Adaptation may be necessary, but important to pay attention to essential core components of intervention and implementation
- Implementation is a process



OLDER AMERICANS
Substance Abuse & Mental Health
Technical Assistance Center



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention